

VOLUNTEERS NEEDED

Join our research study to learn about the connection between irisin (muscle-secreted bone mediating protein) and bone health in individuals with spinal cord injury (SCI). This study will also explore whether exercise can increase irisin concentrations in circulation.



ELIGIBLE PARTICIPANTS are:

Individuals with SCI that occurred at least 12 months ago and:

- Use a manual wheelchair full time.
- Can independently transfer.
- Are willing to complete two blood draws and one muscle biopsy.
- Can operate a handcycle and/or arm ergometer.

OR Healthy Veterans able to:

- Complete two blood draws and one muscle biopsy.
- Operate a handcycle and/or arm ergometer.

PARTICIPANTS WILL:

- Spend three hours at the University of Pittsburgh's Neuromuscular Research Laboratory.
- Spend two hours at VA Pittsburgh Healthcare System's Research Office Building.
- Complete questionnaires.
- Have three bone scans.
- Perform an arm ergometer maximal exercise test and an arm ergometer high-intensity interval exercise bout.
- Undergo two blood draws and one upper leg muscle biopsy.
- Be compensated up to \$120 for individuals with SCI or \$80 for healthy Veterans.

For more information or to check eligibility, call 412-822-3685 and mention the Irisin SCI Study.

Principal Investigator: Adam Sterczala, Ph.D.



Call 412-360-2394 to
validate this study.

VA



U.S. Department of Veterans Affairs

Veterans Health Administration
VA Pittsburgh Healthcare System